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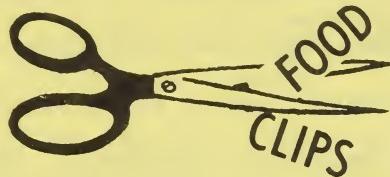
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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Why not get your vitamin C via a citrus fruit or juice, as melon or strawberries at breakfast? Grapefruit, orange, lemon and tangerine, cantaloupe, guava, honeydew melon or mango — any one will do fine, according to U.S. Department of Agriculture home economists.

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Looking for less expensive kinds of foods? Try chicken instead of beef rib roast, nonfat dry milk instead of fresh milk, carrots instead of broccoli, and bread instead of seeded rolls.

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Yogurt, ice cream, and ice milk can replace milk in diets — but at added cost. An example might be — one cup of ice cream may cost three times as much as the $\frac{1}{2}$ cup of milk it replaces.

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Limit your purchases of perishable foods — even at bargain prices — to amounts that can be used while they are still good.

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Don't be penny wise and pound foolish — remember to select parboiled or enriched rice instead of white milled rice — it costs a little more but the parboiled or enriched rice is more nutritious.

NORTH TO ALASKA

— on feeding children

Last year more than 2.6 million lunches were served in the Greater Anchorage Area Borough School District. This year they are using a computer system to increase efficiency of school lunch menu planning and meal preparation, according to the Food and Nutrition Service of the U.S. Department of Agriculture which administers the program nationwide.

The computer system is the one reported last year in Food and Home Notes and which was, and is currently being tested by FNS in Memphis, Tenn., and Miami, Fla. The computer will keep track of local food prices, the best food buys, and compatible foods to purchase and quantities needed. One of the big advantages of the computer system is its ability to determine exact requirements, thus cutting waste and over-portioning. The computer also handles the routing of the trucks which deliver meals from 12 central kitchens to the 52 schools in the 80-mile district.



ALMOST —

ALL ABOUT BROCCOLI

Sprouting broccoli, which is green and has firm, compact clusters of small flower buds is branched rather than compact. However—there are two types of broccoli; heading and sprouting by name. The curd (head) of heading broccoli is white and compact, more like cauliflower.

The word broccoli comes from the Italian word "brocco" meaning arm or branch. It's high in vitamins A and C — and it's one of the low-calorie vegetables. Chopped broccoli is a flavorsome party food and often used in a souffle and served with creamy mushroom sauce.

Italian Green-type broccoli called "Cababrese" is the one most familiar here in America. New varieties are being developed to meet increasing demands—others are suited for freezing. The names are not as interesting as the cauliflower ones, but popular varieties are Atlantic, Coastal, DeCicco, Green Sprouting Medium and Green Sprouting Late. Broccoli is now popular year around but—because it grows better in cool weather—is less abundant in July and August.

Broccoli should have a firm, compact cluster of small flower buds, with none opened enough to show the bright yellow flower. Bud clusters should be dark green or sage green—or even green with a decidedly purplish cast. Stems should not be too thick or tough. It may be cooked like asparagus, with the stalks standing in boiling salted water and the buds cooking in the steam. Remember, the fleshy stalks of broccoli take longer to cook than the blossoms. A tart sauce goes best with broccoli spears.

Broccoli is not difficult to grow. It also keeps well in storage so it can be shipped long distances.

ALMOST —

ALL ABOUT CAULIFLOWER

Cauliflower may be a very tasty and popular vegetable, but it's one of the most difficult to grow. It needs fertile, moist soil, that is rich in organic matter and nitrogen, according to U.S. Department of Agriculture specialists. It must have good drainage; a cool, humid climate, and a frost-free growing season.



If you want to know your cauliflower varieties you could start with their names —take "Early Snowball" for instance. The plants are dwarf style, compact, and fast growing with medium green leaves. Then, there's "Super Snowball" which is good for canning and freezing; also dwarf-size. "Snowdrift" is another variety and it is large and vigorous. "Danish Giant" (sometimes called Dry Weather Cauliflower) grows mainly in the Midwestern States. Winter cauliflowers are grown mainly on the California coast, where the growing season is very long. The winter varieties bear interesting labels from "Early Pearl," "Christmas," "February," "March," "St. Valentine," and "Late Pearl" (names of varieties reflect the Harvest dates.)

Cauliflower is most abundant from September through January, but is also available year around. The white, edible portion is called the curd and the heavy outer leaf covering, the jacket leaves. Look for white to creamy-white compact, solid and clean curds. If there is a spreading of curd, it is a sign of aging and overmaturity—avoid these.

Cauliflower will discolor if overcooked—so add a teaspoon of lemon juice to the water, and it will help to keep the cauliflower white. Usually whole cauliflower will cook in boiling water in 15 to 25 minutes, flowerets in 8 to 15 minutes. Cheese sauces go well over cauliflower—as do herbs and spices.

Cauliflower is a good source of vitamin C and contributes to the vitamins and mineral needs. Cauliflower flowerets are favorites with the weight-watchers—they offer good nutrition and are low-calorie.

ON AIR POLLUTION -- and its effect on plant life

What happens to the vegetables and fruits and field crops or the ornamental plants and trees in the environment? Does air pollution really have any effect on them?

The Agricultural Research Service of the U.S. Department of Agriculture has made a coordinated and cooperative effort with research scientists at the Land Grant Universities to show the effects of air pollution. A new slide set developed by the Extension Service, USDA, shows the "Effects of Air Pollution on Plant Life," A-58. The slide set also illustrates there's an increased need for accurate diagnosis or identification of this problem on different kinds of plants.

Nothing is safe from air pollution — the potato grown in filtered air looks very different from the one grown in unfiltered air containing oxidants. . . . the "before and after" radish, pinto bean leaves, lima beans, grapes, and tomatoes with ozone injury are other examples used in the slide set. There are also pictures of tomatoes with ozone injury and with sulphur dioxide damage. Sulphur dioxide injury to rhubarb, blackberry and cucumbers are shown.

Ornamental plants and trees are not immune to the damage of air pollution — the white pine, the sycamore leaves, and even the petunia are all victims. A closeup look at a boxelder leaf shows the injury of air pollutants to be similar to damage from mites. Kentucky blue grass is not immune nor is the sumac leaflet or even the begonia. Pollution really takes its toll. You may choose your subjects as the slide sets may be ordered individually for \$13.00 — A58-A, "Vegetables and Fruits," A58-B, "Field Crops," A58-C, "Ornamental Plants and Trees." A narrative guide accompanies each set or subset. However, the complete set of 105 frames is available for \$18.50 from the Photography Division, Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250.

COMMENTS & INQUIRIES TO:

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